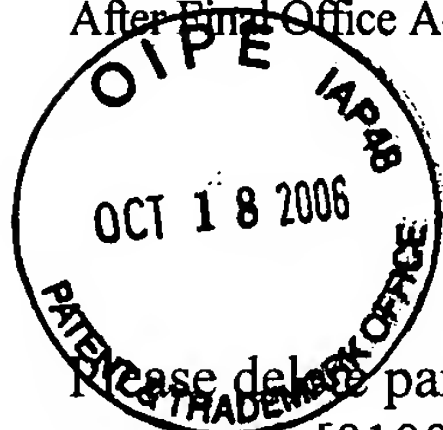


Application No. 10/827,353  
Amendment dated October 18, 2006  
After Final Office Action of June 22, 2006

Docket No.: 31894-199297



### AMENDMENTS TO THE SPECIFICATION

Please delete paragraph [0100], the abstract of the disclosure, and replace with the following new paragraph [0100]:

[0100] The subject application provides a food package comprising a container, a calcium-containing dietary or dairy product within the container; a dietary plan and a description, disclosing the health effects of calcium or dairy for weight control.